

This I Believe

Friends, what would I be without them? They possess an incredible power to evoke joy in my life and make my world go round. Everything just seemed brighter with them around. My life was no longer dull and lacklustre. More often than not, they are the highlights of my mind-numbing day at school. I wouldn't dare imagine a day without them in my life.

I remember a time not too long ago when I dreaded going to school. I counted down the seven plus hours I had to spend at school. It was so difficult to make it through a day at school. I missed the companionship from my friends I once had. It was entirely my fault. I had caused them to leave me, one by one. I did not know what came over me. I sunk into a short bout of depression. I shunned away from my friends and kept to myself, bit by bit, unintentionally, I had built a tall concrete barrier around myself and the rest of the world. Enclosed in that little cell of mine, I was unaware of the consequences of my actions. Naively, I believed I was safe. Little did I know my actions would cause me to pay such a heavy penalty? Slowly, my laughter ceased. It was like a solar eclipse had taken place in my life. The ubiquitous darkness caused my spirits to be unable to be lifted by anyone. It was scary.

Months went past before I realised I couldn't be like this anymore. The silence of my surroundings was no longer something I revelled in but something I found immensely disturbing.

Change had to take place, I decided. I needed to open up. Lao Tzu once said, "The journey of a thousand miles began with a single step." Slowly, I demolished the barrier I had constructed, brick by brick, almost as painstakingly as how I had put it together. To know that I had brought this all upon myself was utterly demoralizing.

As the weeks past, I became more confident of myself. I started speaking up and be less afraid of opening my mouth. The solar eclipse which had outstayed its welcome finally took its leave and in its place was warm, glorious sunlight I soaked up to my heart's content. Things were starting to look up. Everything was more vivid and different. School was definitely more enjoyable. Time flew past. I acknowledged and embraced the change my friends had made my life.

I realised, when you have friends, not only do you have their company, your life becomes entwined with theirs. We share joy and woe and go through the ups and downs of life together so plant a seed of friendship and reap a bouquet of happiness, this I believe.